



PWSDevelopments

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Small Steps Lead to Big Changes in Pakistan

THE LAND AROUND MIRPURKHAS, PAKISTAN IS achingly dry and desiccated in winter. Located in the south-west corner of the country, on the edge of Thar Desert, vehicles stir up cyclones of dust as they race along bumpy, rough roads. The land is so parched that the soil cracks and the sun scorches.

PWS&D is working with local partner, Church World Service – Pakistan/Afghanistan to implement food security programs with people living in the region.

Babar Kaloi is one such village, of about 250 people, gathered together in homes made of dried mud. It's an agricultural community where farmers have about 2-3 acres of land to grow everything

their families need to eat. Most men in the area are unemployed, taking jobs as day labourers whenever they can get them.

Food security in Babar Kaloi is top priority. Food security means making sure one can access enough quality food to stay healthy. In Canada, where the population spends an average of 10% of their income on their diets—one of the lowest grocery bills in the world—and with grocery stores that exhibit a selection of over 30,000 types of food, the notion may seem a little hard to relate to.

Things are very different in Babar Kaloi. People here may spend up to 80% of their income on food. Having enough food is an ongoing struggle. The goal isn't just to fill a hungry stomach; it's about finding ►



Women sharing lunch together with food they learned how to grow through the program

Pakistan continued...

ways to ensure food is available for families every day, year round, for the long-term. Unfortunately, too many people simply do not have access to enough nourishing food, or the money to purchase it.

Focusing on Agricultural Practices

Small adjustments to village life in Babar Kaloi are making big changes in both the production of food and its availability. PWS&D's program partner is teaching simple agricultural techniques that are improving access to food, such as creating small gardens to grow vegetables, raising livestock, preserving food, and building and maintaining irrigation ponds.

Women in the community have established self-help groups where they learn how to earn money and monitor a savings fund that allows them to access loans in order to start small businesses for extra income. Some women open modest shops, selling snacks out of a trunk and using their profits to buy food, send their kids to school or purchase household necessities. Some use their loan to purchase livestock, like cattle or chickens, for extra milk, meat and eggs.

Hameeda and Her Goats

That's exactly what Hameeda did. Hameeda purchased two goats using a loan of only 2,000 rupees (about \$23) from the self-help group. She's raising them so she'll have milk for her five children and hopes to sell the goats when they're older for the income and to purchase a bigger goat for even more milk. She's already paid back her loan and is grateful for the opportunity the self-help group has provided her.

Making Food Security a Reality

There's a lot of work to do in Babar Kaloi, just like many other communities in the area. Women walk 10 km to collect water every day and drought is an ongoing problem. Children suffer from too many hygiene-related health issues and dangerous pollutants from a nearby sugar cane factory contaminate a water source that is used as drinking water for people and animals. However, PWS&D's program partner continues to demonstrate that small changes can make lasting, tangible improvements. Together, we're finding ways to tackle long-term poverty and make food security a reality.



Jumla Clinic staff support local women in learning how to overcome malnutrition.



Creating healthier futures in Nepal

IN ONE OF NEPAL'S MOST REMOTE MOUNTAINOUS REGIONS, PWS&D IS WORKING to help people who struggle with daily survival, where the rates of illness and malnutrition are among the highest in the world.

At the Jumla Clinic, PWS&D support is providing treatment for tuberculosis, leprosy and AIDS patients, as well as skin, ear, dental and burn conditions. Jumla's nutritional rehabilitation centre offers life-saving treatment in order to overcome pervasive malnutrition in children through the provision of nutrient-dense flour made from local grains such as soybean, wheat and corn. The flour contains essential vitamins, minerals and helps children increase their strength and weight.

Two-year-old Ramila weighed only a shocking eleven pounds when she was brought to the clinic by her mother. After failing to find help from the traditional healer in her village, Ramila's mother took the advice of a community health volunteer to go to the Jumla Clinic. By this time, Ramila was too weak to even lift her head or walk, and she had severe pneumonia.

Clinic staff immediately took Ramila into their care. After two weeks of intensive care, Ramila's appetite increased and her health improved. Now, after five weeks on a diet of nutritious flour, Ramila has blossomed into a cheerful, beautiful girl. Clinic staff continue to follow up with Ramila and her family to teach improved healthcare practices and monitor Ramila's progress.



Overcoming Food Shortages in Malawi



Better health, more food, increased soil fertility... these are some of the many benefits marginalized communities are realizing in northern Malawi through the PWS&D-supported Soils, Food and Healthy Communities project.

For the past nine years, the project has grown from a small pilot project with seven villages to working in 189 villages with over 6,000 participating farmers. The project focuses on boosting the amount and variety of food a family is able to grow in order to combat hunger and improve nutrition. Inter-generational agriculture and nutrition discussion groups also work to address age and gender inequities that prevent families from improving the quality and amount of available food.

Before Tinkhani participated in the project, he couldn't afford to buy fertilizer for his crops so the family experienced frequent food shortages. His children were often sick and hunger was an ongoing problem. Now, after several years



of learning how to improve his agriculture production, Tinkhani grows a variety of nutritious foods, saves money by using organic farming practices and his family never goes hungry, even when the rains are bad. Tinkhani produces enough food to sell

excess at the market, providing the necessary funds to pay for his children's school fees. He's very grateful for all that he's learned and says he keeps his motivation up by remembering what life used to be like before the project.



Presbyterian World Service & Development

The development and relief agency of The Presbyterian Church in Canada

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